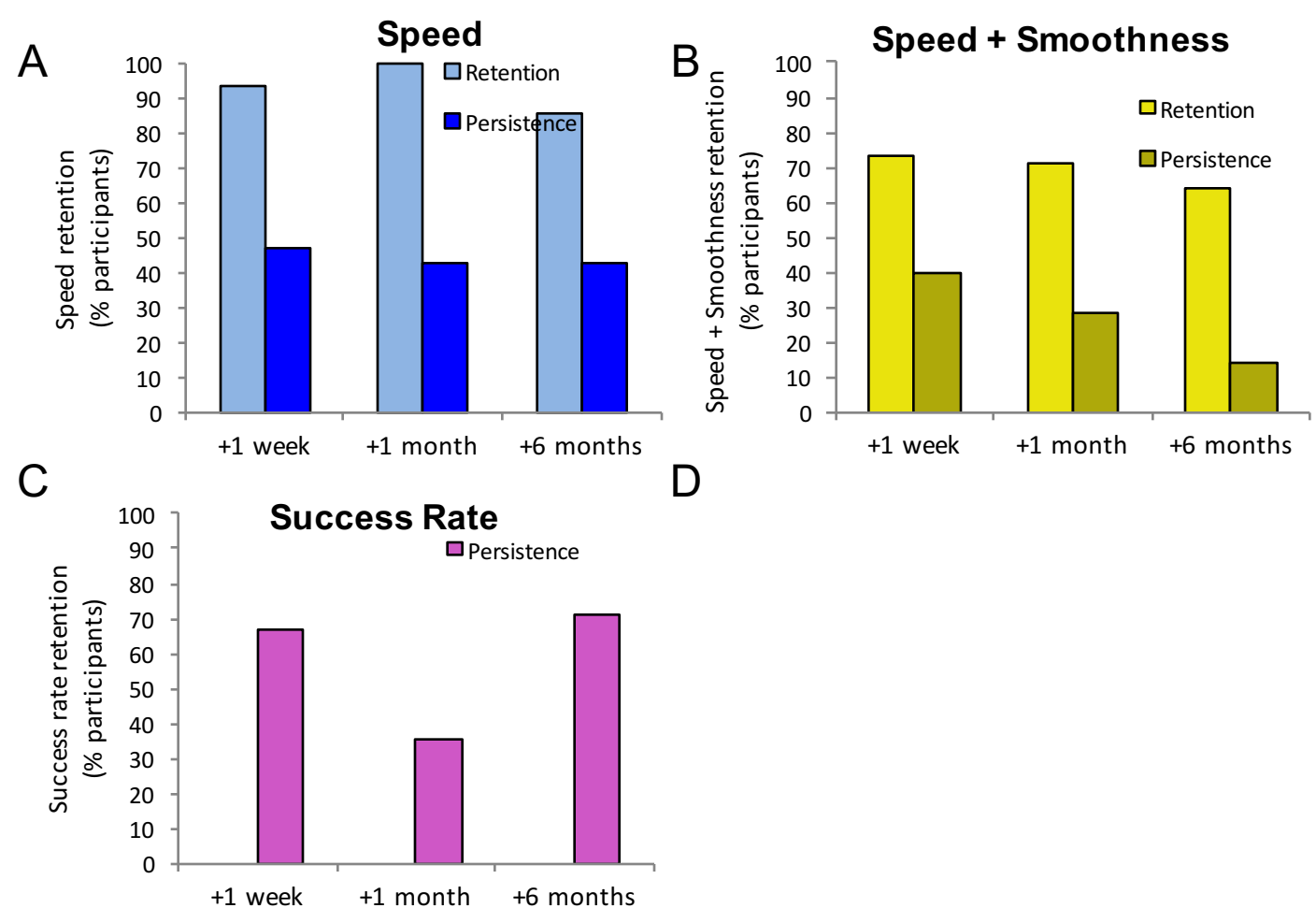
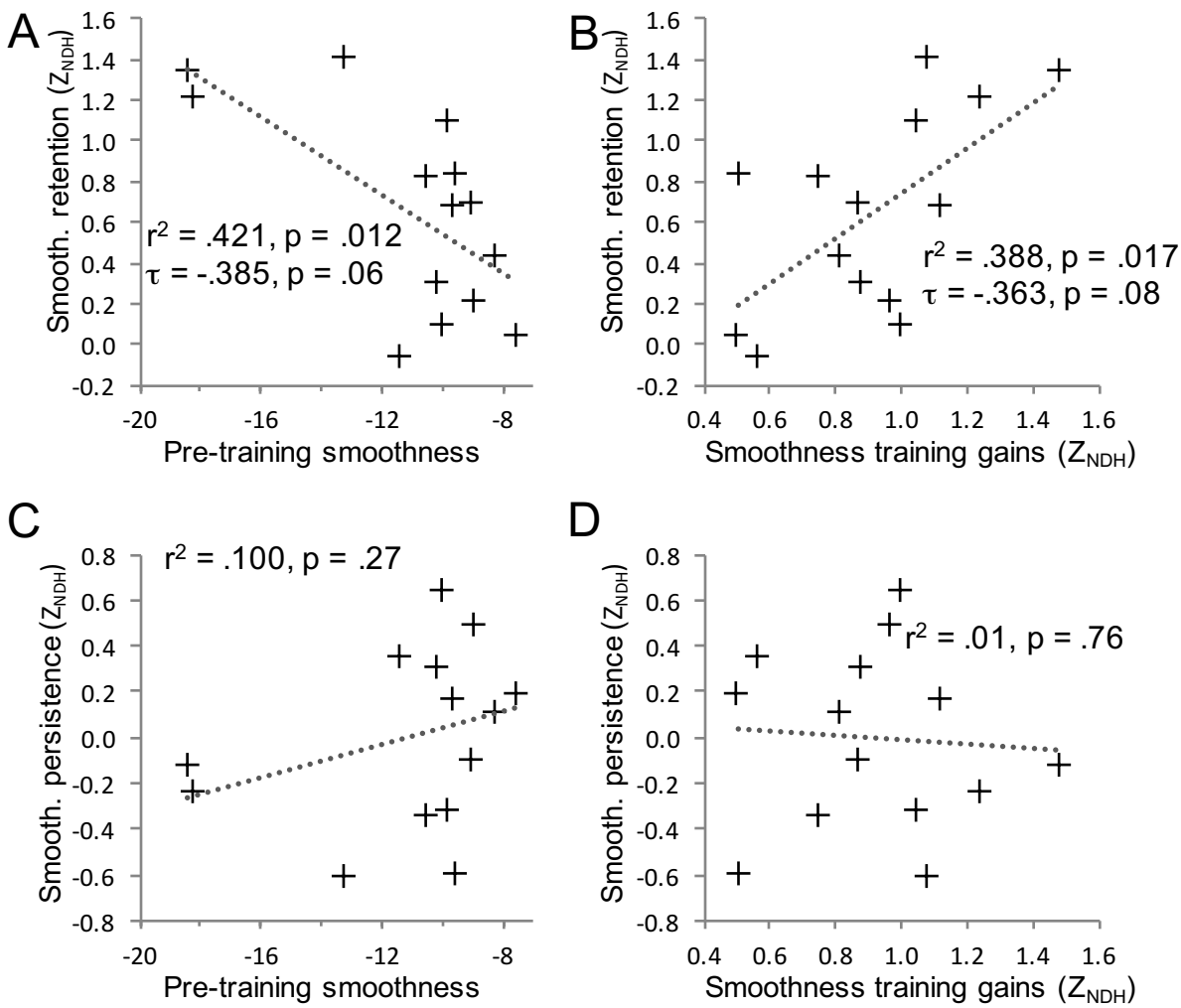


Supplementary Figure 1: Bimodal distribution of participants (N=22), based on number of non-compliant sessions (success rate < 90%), out of 10 training sessions. Black points/bars reflect the same individuals in both plots. All other figures show compliant participants only. A: Histogram of participants, showing distribution of rejection counts. B: Quartile plot of participants; outliers are same individuals, demonstrating that participants with many non-compliant sessions also had globally low average success rate.



Supplementary Figure 2: Long-term changes in NDH performance involving speed and error rate, measured as % of participants at each follow-up session. “Retention” defined as significantly increased from pre-training baseline. “Persistence” defined as no significant change from post-training peak. A: Movement speed. B: Both movement speed and smoothness. C: Success rate; retention not measurable due to pre-training baselines near ceiling.



Supplementary Figure 3: Correlations between short-term measures of NDH skill (initial performance or gains across training) and long-term measures of NDH skill (retention or persistence). Dotted lines indicate linear fit. No significant correlations found via Pearson's r (shown) or Kendall's tau. A. Pre-training smoothness has outlier-driven correlation with smoothness retention. B. Smoothness gain has outlier-driven correlation with smoothness retention. C. Pre-training smoothness not correlated with smoothness retention. D. Smoothness gain not correlated with smoothness retention.